

WEST PLAINS EXTENSION DISTRICT

NEWSLETTER



WE'RE HIRING!

**OFFICE PROFESSIONAL/
4-H PROGRAM SUPPORT ASSISTANT**
FINNEY COUNTY OFFICE

APPLICATION:

<https://tinyurl.com/WPOPApp>

Deliver completed application to 501 S 9th Street, Garden City, KS.

**4-H YOUTH DEVELOPMENT
EXTENSION AGENT**

APPLICATION:

www.ksre.k-state.edu/jobs

K-State Research & Extension is an equal opportunity provider and employer.

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OFFICE HOURS:
MONDAY - FRIDAY | 8 AM - 5 PM

FINNEY COUNTY OFFICE:
620-272-3670

SCOTT COUNTY OFFICE:
620-872-2930

OFFICE PROFESSIONAL: COZETTA O'DEA



JANET HARKNESS
4-H & YOUTH DEVELOPMENT
JLP27@KSU.EDU



CAROL ANN CROUCH
DISTRICT DIRECTOR
CCROUCH@KSU.EDU



JENNIFER LASALLE
FAMILY & COMMUNITY WELLNESS
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RENEE TUTTLE
AGRICULTURE & HORTICULTURE
RSTUTTLE@KSU.EDU

UPCOMING DISTRICT EVENTS

FALL
2023



SEPTEMBER

- **9/5: Dining with Diabetes Series Begins** (Wm. Carpenter 4-H Building, Scott City: 6-8PM)
- **9/6: State Fair Projects due to Extension Office** (5PM)
- **9/6: K-State Garden Hour: Seed Saving From Your Garden** (Zoom: 12-1PM)
- **9/7: 2023 Extension Master Gardener Training** (Finney County Boardroom: 1-4PM)
- **9/7: AKC Dog Obedience Lessons** (West Pavilion-Finney County Fairgrounds)
- **9/8-9/17: Kansas State Fair**
- **9/19: State Fair Project Pick-Up at Extension Office**
- **9/21: 4-H PDC Meeting** (Finney County Boardroom: 7PM)
- **9/25: A Better You! Wellness Class Begins** (Finney County Boardroom)
- **9/30-10/2: Kansas Junior Livestock Show**

OCTOBER

- **10/1: Happy 4-H New Year! 4-H Enrollment Begins**
- **10/1-10/7: National 4-H Week**
- **10/3-10/31: Adult Quilt Class for Beginners** (Finney 4-H Building: Tuesdays 6:30-8:30PM)
- **10/7-10/8: 48 Hours of 4-H Community Service**
- **10/14: West Plains 4-H Fall Fest** (Wm. Carpenter 4-H Building, Scott City: 5:30PM)
- **10/14-10/15: Kansas 4-H Shotgun Match**
- **10/20-10/21: Kansas Shooting Sports Leader Certification Program** (Cimarron)
- **10/21-10/22: Kansas 4-H Dog Conference** (Rock Springs Ranch)

SAVE THE DATE!

GAMES

PRIZES

FOOD

CRAFTS

EDUCATIONAL
BOOTHS

FUN!

20 23
H H
H H
**FALL
FEST**

OCTOBER 14, 2023 | 5:30 PM | WM CARPENTER 4-H BUILDING

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact West Plains Extension two weeks prior to the start of the event at 620-272-3670/620-872-2930. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.

*Cover Photo Credit: AnneMarie Photography



FROM THE DESK OF THE DIRECTOR

Hello September! This is the month we hope the heat will subside and let all of us catch our breath!

Some of you may be aware that **we are looking to hire and fill a couple of positions in the West Plains Extension District.** We are looking for an **Office Professional in the Finney County Extension Office** and also, **we are adding to our agent team with another 4-H and Youth Development Agent.**

The **Office Professional** position schedule is 8-5PM, Monday-Friday, starting at \$15.00/hour with 12 paid Vacation Days, 12 paid Sick Days, and paid national holidays. To apply for the Office Professional position, please stop by the Finney County Extension Office (501 S 9th St, Garden City) for an application or you can find one online at <https://tinyurl.com/WPOPApp>. The position will remain open until filled. We will also consider part-time help for the right candidates.

To apply for the **4-H and Youth Development Agent position**, please go to www.ksre.k-state.edu/jobs. You can apply until September 11, 2023.

If anyone has questions, please reach out to any of the agents or myself and we will be happy to visit about the position.

We also have a lot of upcoming events this fall! Be sure to look over our District Calendar to be sure that you do not miss out on any of the learning opportunities from our agents and district volunteers! We are sure to have something for everyone!

-Carol Ann



National Night Out at East Garden Village



Cupcake Wars with West Plains 4-H

SEPTEMBER IS NATIONAL FOOD SAFETY EDUCATION MONTH!

So how do you know if your food at home is still safe to eat? While food safety is pretty heavy stuff, here are a few **delightful reminders about the food in your refrigerator and pantry:**



When something starts pecking its way out of the shell, the **egg** is probably past its prime. **Throw it out!**



Any **canned goods** that have become the size or shape of a softball should be disposed of carefully. Do not open--**Throw it out!**



Milk is spoiled when it starts to look like yogurt. **Yogurt** is spoiled when it starts to look like cottage cheese. **Cottage cheese** is spoiled when it starts to look like regular cheese. **Regular cheese** is nothing but spoiled milk anyway and can't get any more spoiled. **Cheddar cheese** is spoiled when you think it is bleu cheese, but you realized that you never purchased that kind. If any of this ever occurs--**Throw it out!**



Raisins should not be harder than your teeth, nor should they have legs. If they do--**Throw it out!**



Fresh **potatoes** do not have roots, branches, nor dense, leafy undergrowth. They will be hard to peel--**Throw it out!**



Sesame seeds and poppy seeds are the only acceptable "spots" that should be seen on the surface of any loaf of **bread**. Fuzzy and hairy looking white or green growth areas are a good indication that your bread has turned into a pharmaceutical laboratory experiment. You're not a scientist--**Throw it out!**



If you can take **dip** out of its container and bounce it on the floor--it has gone bad. And it will not taste very good when it comes back up--**Throw it out!**



A **carrot** that you can tie in a knot is not fresh. It will taste funny too! **Throw it out!**



Flour is spoiled when it wiggles. Get your protein other ways, please--**Throw it out!**



You know it is well beyond prime when you're tempted to discard the plastic containers along with the food. Generally speaking, **plastic containers should not burp** when you open them--**Throw it out!**

Hope this gave you a chuckle and served as a reminder to check and see what is in your refrigerator or pantry. This is only a funny, **but if in doubt--Throw it out!**



UNPLUG & RENEW FOR A BETTER YOU!

"Almost everything will work again if you unplug it for a few minutes, including you." –Anne Lamott

How do I unplug? I have no time to unplug? My lifestyle is so busy? Are these questions going through your mind as you are reading this quote?

If so, read on for more information on **how to unplug from your busy hectic life.**



Self-care is all the rage right now and rightly so. It is something to take seriously as more and more people are experiencing stress, anxiety and chronic illnesses.

Self-care takes on many meanings and many interpretations. **Self-care is not self indulgence or being selfish. Self-care is taking care of your physical, mental, emotional, social, and spiritual health so you feel good about yourself and you're able to take care of your responsibilities and others.** Research shows that engaging in self-care practices helps you be kinder to yourself, restores your energy, and gives you both short-term and long-term benefits. Engaging in self-care practices can reduce your risk of illness, lower your stress and anxiety, and increase your energy and confidence.

So how do I practice self-care? There are many ways to practice self-care, but the best way is the one you enjoy and feel comfortable doing. The following are some examples of self-care practices:

Physical Self-Care:

Activities that improve your physical health.

- Consuming a diet rich in vegetables, fruits, lean meat, low-fat dairy, & whole grains.
- Limit your intake of sugar and alcohol.
- Get plenty of sleep.
- Engage in 30 minutes of physical activity 5 days a week. (Yoga, Walking, Biking, etc)
- Drink plenty of water.
- Get regular medical check-ups.
- Take a relaxing bath.

Mental Self-Care:

Activities that stimulate the mind.

- Practice mindfulness.
- Talk to a counselor.
- Practice the art of gratitude.
- Learn a new skill or hobby.

Spiritual Self-Care:

Activities that nurture your spirit.

- Meditate
- Pray
- Give back to others.
- Spend time in nature.

Social Self-Care:

Activities that nurture & deepen relationships.

- Surround yourself with positive people.
- Talk to your friends and family.
- Get involved in your community.
- Join a club.

Emotional Self-Care:

Activities that connect & reflect on emotions.

- Practice forgiveness.
- Limit exposure to negative news.
- Practice self-compassion.

Still need some help find a self-care activity? Then **join "A Better You" class.** At this class, we will taste some healthy dishes, practice the art of gratitude, and engage in yoga for beginners. Or if you are looking for a new hobby, join the **"Quilt Class for Beginners"**.

One of the most important things about self-care is that it needs to be a priority. Practice self-care every day. It's not a selfish act to engage in a self-care plan. Remember, **you can't pour into others if your cup is empty.** It's okay to unplug yourself from your hectic life and engage in some self-care activities.



Do you have or care for someone that has Type 2 Diabetes? Join us for 'Dining with Diabetes', a series of two-hour classes held once a week for four weeks. Lessons focus on *care, food choices, low-impact physical activity, food sampling, and cooking techniques* for those with diabetes.

West Plains Extension District and Scott County Health Department will be offering the class **every Tuesday beginning 9/5 - 9/26 from 6-8PM at the Wm Carpenter 4-H Building.** Register today by calling Jennifer LaSalle, KSRE, 620-272-3670 or Edith Tarango, SCHD, 620-872-5774.



SEPTEMBER GARDEN CALENDAR



VEG & FRUITS

- Continue to harvest vegetables.
- Pick apples and pears and store in a cool place to extend freshness.
- Harvest pumpkins when flesh is completely orange and avoid carrying by the stem.
- Harvest winter squash when rind is hard enough to puncture with a fingernail.
- Plant lettuce, spinach and radishes.
- Remove weeds from garden and plantings before going to seed.
- Herbs can be dug from garden and placed in pots for indoor use this winter.
- Remove small tomatoes from their vines to increase late development of mature fruits.



FLOWERS

- Plant spring flowering bulbs, tulips, daffodils, and others.
- Dig, divide, or plant peonies.
- Divide perennials, especially spring bloomers.
- Remove seedheads from perennials to prevent reseeding in the garden.
- Plant chrysanthemums for fall color.
- Dig gladiolus as foliage begins to yellow and air dry before storing for winter.
- Clean up garden areas to reduce insects and disease as plants dieback for winter.
- Enrich soil by adding organic matter such as peat moss or compost.



LAWNS

- Plant or sod new bluegrass or tall fescue lawns.
- Renovate bluegrass or tall fescue lawns by verticutting.
- Core aerate cool season turf.
- Fertilize cool season grasses with high nitrogen sources of fertilizer.
- Mow turf at 2 to 3 inches and sharpen blade for clean cut.



TREES

- Plant trees and shrubs, deciduous and evergreen.
- Rake up fallen leaves and compost.
- Prune broken and dead branches from trees.
- Avoid pruning spring flowering shrubs such as lilac and forsythia to ensure spring flowers.
- Hand pick bagworms to reduce problems in the future.



HOUSEPLANTS

- Bring plants in before temperatures drop into the fifties.
- Clean and wash before moving indoors to reduce insects.
- Fertilize before winter conditions arrive and growth slows.
- Poinsettias can be forced into Christmas bloom by starting dark treatment of short days.

Information from the K-State Research and Extension Garden Calendar Publication.

2023 MARKET WHEAT SHOW RESULTS

FINNEY COUNTY

GRAND CHAMPION

Taylor Knoll

RESERVE GRAND CHAMPION

Adam Knoll

SCOTT COUNTY

GRAND CHAMPION

Rich Randall

RESERVE GRAND CHAMPION

Chaston Hoeme





RECORD BOOK FRENZY!

It's that time of year again...[insert dreaded gasp]...year-end record books and 4-H Online rollover time!

We are just over a month away from our due dates for record books. 4-H Online will be shut down from September 21st-30th as the state office completes the rollover ahead of open enrollment for the beginning of the new 4-H year, beginning October 1st.

I hope everyone has had time to look over the online recoding system, **ZBooks**, and the downloadable PDFs on the state 4-H website sometime throughout the year. ZBooks forms, when finished, saved and downloaded will print out in the same format as the PDF version Project Records. The PDF Records **MUST BE** downloaded first before filling out or they will not save & print.

Please apply for the pin that is consistent with your 4-H'ers age. You can only get 1 pin/year with the one-time exception that you can get an age appropriate pin plus your member pin if you started 4-H later than 7 years old. You cannot back up to get a pin that you didn't qualify for in previous years and you cannot jump forward either. All applications have qualifications that members must meet in order to earn their pin.

If you have completed a record book in previous years, there should be a small pin tracking sheet taped to the inside back cover of your record book to help you track which pins have been earned and which pins are still eligible to be applied for. New members will receive this tracking sheet this year when books are turned in.

Do you have questions about different activities/programs that your 4-H'er may have participated in throughout the year? Contact the office. **Looking for pictures from throughout the year?** Check out the 4-H Facebook Page.

Please call, or stop by for help, ideas and reassurance - we can do this!

RECORD BOOK REMINDERS!

- **Pin Applications** and **Project Record Nomination Forms** need to be placed in the front pocket of your record notebook.
- **Leader Signature:** A record book IS NOT considered complete without your community club leader's signature. Please plan accordingly and make sure you attend your club's record book meeting (if your club is having one).
- Record books and all applications may be typed or handwritten.
- **A Record Book MUST have the following in order:**
 - Personal Information Page
 - 4-H Story: Double-Spaced, 1-6 pages
 - Permanent Record
 - Optional: General 4-H Project Work Photo Pages (Limited to 2 pages)
 - 4-H General Project Report(s) (1 report/project)
 - Correct Age Form (Jr: 7-9, Intr: 10-13, and Sr: 14-18)
 - Correct Project Form (General Project or Animal)
 - All Sections Completed (including photos)
 - Past Personal Pages
 - Past 4-H Story
 - Past Project Records
- **ADD DETAILS TO EACH SECTION!** i.e. 5 SMART Goals & 5 Learning Experiences
- **Community Service:** A free service that your 4-H'er completed
- **Leadership:** Teaching another 4-H'er or group/leading an activity
- Show off a wide array of activities, learning experiences and photos.
- Use notebook dividers between each section and project.
- **FINNEY COUNTY HELP SESSIONS:**
 - 9/14 @ 6-7PM 4-H Building (Small Side)
 - 9/21 @ 6-7PM Extension Office
- **SCOTT COUNTY HELP SESSIONS:**
 - 9/18 & 9/19 (Contact Janet for Appointment.)

**SCOTT COUNTY 4-H
RECORD BOOKS DUE:
SEPTEMBER 26TH**

**FINNEY COUNTY 4-H
RECORD BOOKS DUE:
OCTOBER 10TH**

RECORD KEEPING PAGE:

<https://tinyurl.com/4HRecordKeeping>

PIN APPLICATION PAGE:

<https://tinyurl.com/4HPinApp>

**Please contact either
Extension Office if you
need any help or have
any questions!**



Congratulations

NATIONAL 4-H CONGRESS DELEGATES



KEY AWARD DELEGATE
BAYLEE HUTCHESON
 FINNEY COUNTY 4-H



CENTENNIAL DELEGATE
KATE ROGERS
 SCOTT COUNTY 4-H



Thank You,
West Plains 4-H Intern Team:
 Alivia Noll
 Payton Goodman
 Adi George
 Karly Larson

Interns organized

33 summer educational programming activities

1,336 youth were served as a result

Interns dedicated

75 hours to serving Finney and Scott County youth

K-STATE
 Research and Extension
www.kansas4h.org

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SCOTT COUNTY 4-H SHOOTING SPORTS

TEAM RESULTS:

SENIORS - 1ST | JUNIORS - 3RD

SENIOR DIVISION:

ETHAN ZERR - 1ST
 RYLAN WILKINSON - 2ND
 WYATT RICKER- 3RD

JUNIOR DIVISION:

KALER FISCHER - 3RD

TOP GUN:

ETHAN ZERR
 (PICTURED RIGHT)



KANSAS 4-H LIVESTOCK SWEEPSTAKES WEST PLAINS DISTRICT RESULTS

PLACINGS:

31ST: WEST PLAINS 1
 34TH: WEST PLAINS 2

REASONS:

21ST: WEST PLAINS 1
 40TH: WEST PLAINS 2

OVERALL:

25TH: WEST PLAINS 1
 38TH: WEST PLAINS 2



**WEST PLAINS 4-H
 MEATS JUDGING**

PRATT COUNTY MEATS CONTEST

KEALIE BRYANT: 2ND INDV. INTER.
BRAEDEN BOYD: 9TH INDV. INTER.



KANSAS 4-H MEATS CONTEST

**OVERALL: 4TH
 RETAIL ID: 3RD**
AARON MORALES: 2ND INDV. SR. | 3RD RETAIL ID
KEALIE BRYANT: 8TH INDV. SR.
KAYLA GEORGE: 29TH INDV. SR.
BRAEDEN BOYD: 12TH INDV. INTER.
MACY HANDS: 13TH INDV. INTER.





FINNEY COUNTY 4-H: WIDE AWAKE

July 2023: The Finney County Wide Awake 4-H club July meeting was held in the Grandstand room on Monday, July 10th. The meeting was quickly called to order at 7 pm with reports and old business. Leaders gave their reports and updates as well as important County Fair reminders. Thank you to members who participated in window painting! The Club then proceed with the annual poster tour! Each 4-H member gave an overview of their fair projects and took questions from the group. The meeting was concluded with a reminder that August meeting will be at the conclusion of 4-H Sunday service.

Respectfully Submitted by Brooke Basham

August 2023: The August Wide Awake 4-H meeting was called to order at the conclusion of 4-H Sunday Service. Leaders expressed their congratulations on a great County Fair. New business included volunteers to clean windows. The meeting was quickly adjourned with notification of the September meeting and the club went to the barns to help with fair clean up.

Respectfully Submitted by Brooke Basham

FINNEY COUNTY 4-H: BEACON BOOSTERS

June 2023: Beacon Boosters met June 26, 2023 at the Deal house. The club was informed that we are one of host clubs for the achievement banquet in November. The club leaders discussed the July 4, 2023 static entry deadline and the July 11, 2023 livestock entry deadline for the 2023 fair. Kason did a project talk on his sheep Phoenix. Adam did a project talk on Case IH tractors. Jake did a project talk on the Cheyenne Indian Tribe. The club worked on the club banner for the fair followed by a swimming party. The July meeting will be held on July 18, 2023 at 6 p.m. at the fairgrounds.

Respectfully Submitted by Jake Knoll

July 2023: Beacon Boosters July meeting did not take place due to not having quorum.

Respectfully Submitted by Jake Knoll

WEST PLAINS DISTRICT ANNOUNCEMENTS

Coming Soon

WEST PLAINS 4-H

IMAGINATION STATIONS

K-State Research and Extension is an equal opportunity provider and employer.

TEACHERS!

Don't forget to contact the West Plains Extension District to schedule programming. We would love to share our knowledge and resources in your classroom!

Finney Office: 620-272-3670 -or- Scott Office: 620-872-2930

K-STATE Research and Extension West Plains District

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